

FOREIGN EXCHANGE STILL TUMBLING; POUND \$4.50 BID

England Fails to Take Action to End Demoralization of Money Values.

The collapse of foreign exchange continued to-day with even greater decline than on any previous day. English pounds sterling were quoted at the opening at \$4.50 bid, \$4.51 asked, as compared with the normal rate of \$4.86. This was a decline of 55.1-2 cents in the pound, equivalent to a discount of 71.2 per cent.

Applied to transactions of international trade it means that for every dollar's worth of American goods bought by England \$1.07 1/2 of English currency must be paid.

The market for foreign exchange became as demoralized as it was a year ago to-day, when exactly opposite conditions prevailed and American money was at a heavy discount in the London market.

Why the English bankers are apparently doing nothing to stem the tide is a mystery to New York financiers. No definite word has been received from London that the British Government or the Bank of England has undertaken any measures to sustain their falling credit or to save themselves from paying enormous premiums on all purchases.

The market for pounds sterling strengthened up a bit during the day to \$4.52 1/2.

The drop caused grave anxiety as to its possible effect on American exports, particularly of wheat and cotton, which in the past have been paid for in English money and not in American dollars, as provided in the recent war contracts.

French exchange fell away in company with the English, although there were merely nominal transactions. It required a fraction more than six francs now to equal one American dollar instead of a fraction more than five francs a year ago.

STOPS AUTO CHECKING ON SPEEDWAY COURSE

Park Commissioner Abolishes Intimidation by Private Police at Ball Grounds.

Park Commissioner Ward has put an end to the privilege of checking automobiles in the Speedway outside of the Polo Grounds. Complaints were made that employees of Dougherty's detective agency, who were allowed to charge 25 cents for each car they checked and guarded while the occupants were in the grounds, tried to force their services on motorists, called them "pikers" if they declined to accept their tags and even went so far as to try intimidation upon those who refused to pay.

"The matter was called to my attention for the first time yesterday," said Commissioner Ward to The Evening World reporter. "It appears that during my absence from the city the Acting Commissioner received complaints from officials at the Polo Grounds about thefts from automobiles parked in the Speedway near the grounds. It was suggested that the Park Department authorize some responsible party to check and safeguard the cars."

"The privilege was therefore granted, but of course with no authority to force the service on any one. It seems clear that the privilege has been greatly abused."

FIRE IN PRISONERS' PEN.

Flames Attack Pier, but Are Put Out Quickly.

Thomas Ready, a watchman on the Charities and Corrections Department's pier at the foot of East Twenty-sixth Street, discovered a smoldering fire early to-day in the plank flooring of the detention pen where prisoners are held waiting transportation to Blackwell's Island. He telephoned an alarm which brought Motor Engine No. 15 slushing quickly. Believing the fire from its quarters in East Twenty-fifth Street. Not one of the fifteen hundred prisoners was aroused. The fire was put out with trifling damage. There were no prisoners in the pen.

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HOME GYMNASIUM FOR WOMEN

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A New Series of Illustrated Lessons, Showing How Every Woman May Have an Inexpensively Equipped Gymnasium in Her Own Home, and Teaching Games and Exercises Which Promote Excellent Physical Condition.

NO. 2 EXERCISES IN BED.

By Pauline Furlong.

The Evening World's Authority on All Questions of Woman's Physical Well Being

To-day I am illustrating some exercises which may be taken in bed, as many of my readers who are very stout have written me that it is not possible for them to get down on the floor. Almost any of the exercises shown in the first series, in which I have assumed a lying position, may be performed on the bed with as much benefit.

Leg circling, so beneficial in reducing the thighs; trunk raising, which strengthens the abdominal muscles, and the percussion and massage, for improving the digestion, and removing the superfluous flesh from the stomach, are all exercises which may be taken in bed. There are many others, which lack of space prevents illustrating, but I am showing you two new ones to-day just to give you a few ideas, on which you may elaborate, as your strength and time permit.

TO STRENGTHEN MUSCLES OF LOWER ABDOMEN.

One picture shows a valuable exercise for strengthening the lower abdominal muscles, which cover the abdomen between the hips and lower pelvic bones, and which are constantly under a heavy strain. These important muscles are the largest of the wide flat ones that support the lower portion of the abdomen, and are situated on its front and sides. As these muscles support the heavy viscera beneath, you will readily see the importance of strengthening them, and if they are not exercised they will relax, and this condition is what causes obese abdomen.

This exercise is really difficult to perform while standing, so take your position lying flat on the bed. Begin by bending one knee upward, meanwhile raising the hip on the same side as far up as possible. Grip this leg and bend the other knee and raise the other hip and continue with each leg until slightly fatigued. If you are a beginner with the exercise do not perform this one more than five times with each leg. The hip raising is very necessary as a part of this exercise, as it tones all of the lower abdominal muscles.

KNEE RAISING EXERCISE.

This knee raising exercise is a positive cure for obstinate cases of constipation and reduces the high stomach. After you have become a little more practiced you may grasp the posts of the bed, over and back of your head, and hold this tense position while raising the knees. This stretches the arm muscles and those at the sides and makes the knee firmer and more tense. Still another form of this exercise, and equally beneficial, is performed by clasping the hands around each knee as it is raised.

The other picture shows another valuable exercise for torpid liver and large abdomen. This is performed by firmly grasping the back posts of the bed and throwing one leg over the other as far as it will reach. Turn the body to the side as you stretch the leg. Reverse your position and stretch the leg and body to the opposite side. Repeat five times.

My readers who are sufferers from adipose tissue will probably remember that this condition started around the regions of the lower abdomen, because this is the point of least activity, and it is therefore necessary for you to work hard and earnestly to dislodge this superfluous flesh, as it is not possible to turn it into healthy muscular tissue.

To sum it all up in a few words, the only REAL cure for superfluous flesh is muscular activity through strenuous and DAILY exercises.

To-morrow I will illustrate some new dumb-bell exercises with light-weight flat-irons.

Readers of Miss Furlong's articles are invited to write to her, in care of The Evening World, requesting information that will aid them in following her illustrated lessons.

Letters From Evening World Readers Following Miss Furlong's Lessons.

BETSY L. asks: "What will make my hair grow long? It is only to my waist. It is thick and I have no dandruff."

Nothing will make your hair grow longer than nature intended it should. If it is to your waist and thick and healthy you are fortunate and should be satisfied.

A STRONG TESTIMONIAL.

H. A. M. writes: "I have been doing your exercises and feel so much better. I have been troubled with a



EXERCISES IN BED

weak back and although I doctored for it, it was getting so much worse I was almost discouraged with myself when I saw your lessons and decided to try some of your exercises and advice. I take great pleasure in telling you that within the short space of two weeks I feel stronger and lots better. Please advise me about the diet, as I have missed the papers containing it."

This was published Friday, Aug. 27. I hope you will continue to improve in health and I thank you for your kind letter.

R. W. asks: "Will you please give me the table of measurements for five feet two inches tall and 120 pounds? My upper arm is only nine inches. Do you think that too small? I also have great hollows in my neck. I enjoy your exercises and can do all of them with ease."

For 5 ft. 2 in. you should weigh around 175 pounds; neck, 12; chest, 28; waist, 23 1/2; hips, 34; thighs, 20 1/2; calf, 13; ankle, 7 1/2; upper arm, 10; lower arm, 8 1/2; wrist, 5 1/2. Yes, your upper arm is too small. Chest raising exercises are just what you need to develop them and remove the hollows from the chest and neck.

MRS. L. P. G. asks: "What causes gray hair? Is there any way to prevent it, as I am only twenty-seven?"

Gray hair is not, as is generally supposed, the sign of advancing age, but is regulated entirely by the amount of coloring matter or pigment contained in the little corpuscles in the middle layer of the scalp. The greater the quantity of this coloring matter, the deeper the shade of the hair, no matter what its color, and the loss of this pigment is the cause of the gray hair appearing. Many things are responsible for the absence or loss of this coloring matter, even in youth; and accident, shock or mental strain will affect the coloring by causing the presence of air in the matter, the deeper the shade of the hair, no matter what its color, and the loss of this pigment is the cause of the gray hair appearing. Many things are responsible for the absence or loss of this coloring matter, even in youth; and accident, shock or mental strain will affect the coloring by causing the presence of air in the matter, the deeper the shade of the hair, no matter what its color, and the loss of this pigment is the cause of the gray hair appearing.

GIRL FROM U. S. SEIZED TWICE AS SPY IN ITALY

One of the happiest passengers to alight from a steamship in a year was Miss Ruth Joan McTamey, an opera singer of French and Italian experience, who arrived on the Sant' Anna from Naples to-day.

"I stopped off at Pisa," she said, "on my way to Naples from France, to take a look at the leaning tower. All innocence, I tried to take a photograph of it. With a slap on the back which nearly knocked me on my face a biggendarme arrested me, tore the camera from my hand and stopped it to pieces. Then he took me to a dirty jail and they kept me there five hours trying to prove I was a German spy. And me with a map of France on my face!"

When she resumed her journey Miss McTamey was put into a car crowded with Italian peasant recruits. For reasons which she did not dwell upon she chose to ride with her head out of the window. When asked to keep her head inside she explained her opinion of the Italian national vegetable with great freedom, whereupon she and her maid were again arrested charged with giving flimsy excuses for signalling from the train to German spies in the surrounding country.

"Never again while the war lasts!" she said when asked when she was returning to Europe.

SHOTS FROM AMBUSH KILL DOCTOR AND WOUND COMPANION

(Continued from First Page.)

Mohr, the widow, would be questioned further.

The chauffeur, Heals, told the police that he owned a .38-calibre revolver, the type of weapon used by Mohr's slayer, but said that he had left it some time ago at a garage at Jamestown, where he formerly was employed.

An autopsy was performed on the body of Dr. Mohr this afternoon. Particular attention was given to the question of whether the wounds could have been self-inflicted.

Dr. Mohr lived at No. 137 West Sixty-third Street, New York, in 1897. Later he went to Newport, where he had an extensive practice among the fashionable residents. He lives at No. 382 Elmwood Avenue and has an office at No. 36 Stewart Street, Providence, as well as an office in Newport.

It was well known that every Tuesday and Thursday night, about 8:30 o'clock, the doctor drove over the Newport road on his regular trip to Newport, and was always accompanied by Miss Burger.

Mrs. Mohr has not been living with her husband since her maid, Mary McConville, sued the doctor for damages, making serious charges. The maid lost the suit, but the doctor's wife left his home. She has sued for a legal separation and he has entered a counter suit. They were married twelve years ago.

The police believe last night's attempted murder had been carefully planned. The doctor and Miss Burger were riding along at moderate speed when the chauffeur stopped at the most desolate part of the road. He told the police later something went wrong with the carburetor.

While he was engaged in fixing it several shots were fired from ambush at the occupants of the car. Dr. Mohr was shot through the back of the head and right shoulder. Miss

Burger was struck in the head and shoulder. She told the police the shots seemed to come from some one who crouched up behind the automobile soon after it stopped. She denied the chauffeur's story that there were only two shots. When the police told him this he refused to talk any more.

When he saw that his employer was probably fatally injured and that the woman also was shot the chauffeur turned the car and raced back to Providence, where he took the two to the hospital. The doctor did not recover consciousness, but Miss Burger was soon able to talk freely about the attack as far as she knew anything about it.

She could not understand, nor could the police, why the car was stopped in the lonely part of the road; why the breakdown was so quickly forgotten when the chauffeur saw the passengers were shot, and why he was able to make such good time back.

When Mrs. Mohr was notified of her husband's condition she hurried to his side in the hospital and broke down there.

A short time after a report was made to Chief Inspector W. F. O'Neil of the Providence police he placed Heals, the chauffeur, under arrest. The police theory is that some one, through revenge, planned to murder the doctor or the young woman, or perhaps both. No attempt was made to rob them. Neither the chauffeur nor Miss Burger saw any one at the time the shots were fired or afterward.

A Dr. C. Franklin Mohr, while living at No. 137 West Sixty-third Street, this city, brought suit for \$50,000 against Dr. William Stevens, charging his fellow practitioner with alienating the affections of his wife.

The defendant made a complete denial of the charges and subsequently Dr. Mohr's lawyer, William Grenthal of No. 305 West Forty-eighth Street declared the suit had been discontinued.

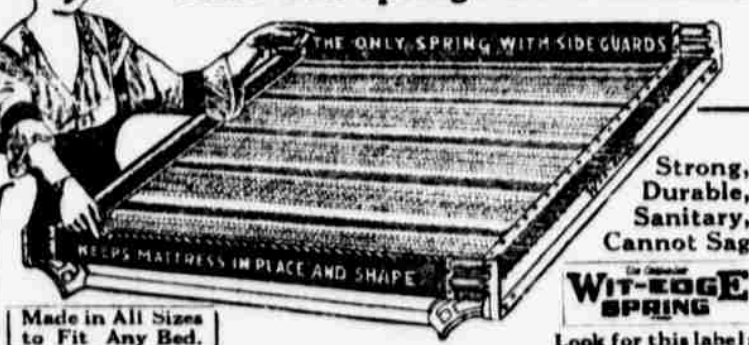
STEAMSHIPS DUE TO-DAY.

Noordam, Rotterdam, 8 A. M.
Sant' Anna, Gibraltar, 8 A. M.
Mexico, Havana, 10 A. M.
Welsh Prince, Brest, 11 A. M.

SAILING TO-DAY.

Parma, St. Thomas, 2 P. M.
V. Constantinos, Patras, 4 P. M.

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